



ADVENTURE TRAVEL CHECKLIST

Alarm Clock (battery or windup)	British/Scottish Money (see 4 below)
Backpack Checklist Supplies	Lumbar Pack (optional)
Camera (extra memory & batteries or charger – use Lithium batteries)	Medications/Medical ID
Cell Phone, charger and Sim card	Passport (and photo copies)
Cell Phone List	Photo ID (enhanced drivers license)
Power Converter (2)	Sun Glasses and Sunblock
Credit Cards (copy & 800 nمبر)	Toiletries
Hiking Shoes (wear on plane)	Trip Packet (Itinerary, etc.)
Laundry Detergent (hand wash)	Two way radio (optional)
Luggage (1 bag w wheels)	Water Shoes (optional)
	Wrist Watch (waterproof sport)

SUGGESTIONS

1. **Use your day-pack as carry-on luggage.** It cannot be lost by the airlines. Pack valuables *needed* for the main hike plus toiletries, extra underwear, etc. in case the checked luggage is late.
2. **Carry-on liquids:** Place liquids (3.4 oz. Max. each) and meds in a 1 quart zipper top clear plastic bag. All must fit in the one baggy.
3. **Prohibited Items:** Place your day-pack knife, sunblock lotion, and other items forbidden by TSA for carry-on in your checked baggage.
4. **Money:** Suggested - **£250** (7x£20, 6x£10, 10x£5) order from your bank 2 weeks before departure. [[£ Pound Sterling](#)]
5. **Pack light:** One checked bag is sufficient for adventure travel and you will have to handle all that you take. Plan to do laundry.
6. **ID your baggage and day-pack.** Carry and pack multiple copies of ID, emergency numbers, and credit cards. Mark your luggage with bright colored duct tape on the handles or with bright colored yarn for easy identification.
7. **Check the TSA web site** for the most current information at

<http://www.tsa.gov/travelers/index.shtm>

Know before you go!